

**The building will open 45 min. prior to the start of warm-ups at each session. The spectator seating area will open 15 min. prior to the start of the meet at each session. Those needing to go to the Clerk of Course will be allowed to do so but then must vacate the spectator seating area until the time it opens.**

**Spectator seating will be open for permanent set up FRIDAY NIGHT ONLY. No chairs, blankets, coolers, stadium chairs, etc. are allowed. SATURDAY AND SUNDAY, THERE WILL BE NO PERMANENT SET UP IN THE NATATORIUM DURING ANY SESSION.**

**Temporary seating will be provided during the meet. Spectators are asked to watch their swimmers and then move to allow others to watch.**

**NO chairs, blankets, coolers, stadium chairs are allowed in the stands. Set up will be allowed in the parking lot directly in front of the natatorium. Parking will be in front of the stadium.**

**All tents, etc. must be removed from the natatorium parking lot after the end of the meet**

**Again, no chairs, blankets, coolers, stadium chairs allowed in the spectator seating area.**

**No food is allowed on the pool deck. If swimmers want to eat, they may do so in the lobby or outside the building. Spectators will be allowed to eat in the stands.**

**No wet swimmers allowed in the spectator seating area.**

**We appreciate your cooperation.**

**NOCH 2019 Gulf Short Course Champs II - 2/22/2019 to 2/24/2019**

**Session Report**

Session: 1 Friday PM

Day of Meet: 1 Starts at 06:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 9-14 500 Freestyle	61	8 u	06:30 PM	_____
Finals	2 Boys 9-14 500 Freestyle	53	7 u	07:25 PM	_____
	Swimmers Counts for Warm-ups: 114	=====	=====		
	Entry / Heat Totals:	114	15		
	Finish Time			08:12 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
AQUA	Aquastar	11	11		
BATS	Bridge Bats	2	2		
ESA	Eagle Swimming Association	18	18		
COOG	Houston Cougars	3	3		
NOCH	North Channel Aquatics	10	10		
RICE	Rice Aquatics	13	13		
SHRK	Sharks Swim Club	30	30		
SSS	South Shore Sails	16	16		
SHAC	Swim Houston Aquatics Center	10	10		
UN-SH	UnAtt - Sharks Swim Club	1	1		

**NOCH 2019 Gulf Short Course Champs II - 2/22/2019 to 2/24/2019**  
**Session Report**

Session: 2 Saturday AM

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	3 Girls 11-14 200 Medley Relay	25	4 u	09:00 AM	_____
Finals	4 Boys 13-14 200 Medley Relay	9	2 u	09:13 AM	_____
	Break: 5 Minutes: Break After Relays				
Finals	5 Girls 11-12 100 IM	82	11	09:25 AM	_____
Finals	7 Girls 11-14 200 Freestyle	83	11	09:46 AM	_____
Finals	8 Boys 13-14 200 Freestyle	34	5	10:20 AM	_____
Finals	9 Girls 11-14 100 Breaststroke	91	12	10:36 AM	_____
Finals	10 Boys 13-14 100 Breaststroke	26	4	11:00 AM	_____
Finals	11 Girls 11-14 50 Freestyle	149	19	11:08 AM	_____
Finals	12 Boys 13-14 50 Freestyle	46	6	11:27 AM	_____
Finals	13 Girls 11-14 200 Backstroke	27	4	11:33 AM	_____
Finals	14 Boys 13-14 200 Backstroke	16	2	11:47 AM	_____
Finals	15 Girls 11-14 100 Butterfly	50	7	11:54 AM	_____
Finals	16 Boys 13-14 100 Butterfly	25	4	12:07 PM	_____
Finals	17 Girls 11-12 50 Backstroke	100	13	12:14 PM	_____
Finals	19 Girls 11-14 400 IM	8	1 u	12:31 PM	_____
Finals	20 Boys 13-14 400 IM	5	1 u	12:38 PM	_____
	Swimmers Counts for Warm-ups: 234	====	====		
	Entry / Heat Totals:	776	106		
	Finish Time			12:44 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
AQUA	Aquastar	71	21		
BATS	Bridge Bats	14	5		
ESA	Eagle Swimming Association	127	40		
GIST	Galveston Island Swim Team	12	3		
COOG	Houston Cougars	38	12		
LAP	Lighthouse Aquatics	3	1		
NOCH	North Channel Aquatics	40	13		
RICE	Rice Aquatics	150	42		
SHRK	Sharks Swim Club	117	37		
SSS	South Shore Sails	69	21		
SCAT	Space City Aquatic Team	31	8		
SHAC	Swim Houston Aquatics Center	90	26		
TCAP	Texas City Aquatic Program	11	4		
UN-SA	UnAtt - Swim Houston Aquatics	3	1		

**NOCH 2019 Gulf Short Course Champs II - 2/22/2019 to 2/24/2019**  
**Session Report**

Session: 3 Saturday PM

Day of Meet: 2 Starts at 02:15 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	21 Girls 9-10 200 Medley Relay	15	2 u	02:15 PM	_____
Finals	22 Boys 9-12 200 Medley Relay	24	3 u	02:23 PM	_____
	Break: 5 Minutes: Break After Relays				
Finals	23 Girls 9-10 200 Freestyle	31	4	02:38 PM	_____
Finals	24 Boys 9-12 200 Freestyle	69	9	02:54 PM	_____
Finals	25 Girls 9-10 100 Breaststroke	47	6	03:26 PM	_____
Finals	26 Boys 9-12 100 Breaststroke	84	11	03:40 PM	_____
Finals	27 Girls 9-10 50 Freestyle	85	11	04:06 PM	_____
Finals	28 Boys 9-12 50 Freestyle	152	19	04:19 PM	_____
Finals	29 Girls 9-10 50 Backstroke	72	9	04:40 PM	_____
Finals	30 Boys 9-12 50 Backstroke	129	17	04:54 PM	_____
Finals	31 Girls 9-10 100 Butterfly	16	2	05:20 PM	_____
Finals	32 Boys 9-12 100 Butterfly	35	5	05:25 PM	_____
Finals	33 Girls 9-10 200 IM	22	3	05:35 PM	_____
Finals	34 Boys 9-12 200 IM	36	5	05:47 PM	_____
Finals	36 Boys 11-12 200 Backstroke	14	2	06:06 PM	_____
	Swimmers Counts for Warm-ups: 265	=====	=====		
	Entry / Heat Totals:	831	108		
	Finish Time			06:14 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
AQUA	Aquastar	104	34		
BATS	Bridge Bats	29	11		
ESA	Eagle Swimming Association	118	40		
GIST	Galveston Island Swim Team	4	1		
COOG	Houston Cougars	59	19		
LAP	Lighthouse Aquatics	19	7		
NOCH	North Channel Aquatics	44	15		
RICE	Rice Aquatics	137	41		
SHRK	Sharks Swim Club	113	35		
SSS	South Shore Sails	71	23		
SCAT	Space City Aquatic Team	47	14		
SHAC	Swim Houston Aquatics Center	74	21		
TCAP	Texas City Aquatic Program	8	3		
UN-SA	UnAtt - Swim Houston Aquatics	4	1		

**NOCH 2019 Gulf Short Course Champs II - 2/22/2019 to 2/24/2019**

**Session Report**

Session: 4 Sunday AM

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	37 Girls 11-14 200 Freestyle Relay	24	3 u	09:00 AM	_____
Finals	38 Boys 13-14 200 Freestyle Relay	8	1 u	09:08 AM	_____
	Break: 5 Minutes: Break After Relays				
Finals	39 Girls 11-14 200 IM	84	11	09:16 AM	_____
Finals	40 Boys 13-14 200 IM	36	5	09:53 AM	_____
Finals	41 Girls 11-14 200 Breaststroke	31	4	10:10 AM	_____
Finals	42 Boys 13-14 200 Breaststroke	8	1	10:25 AM	_____
Finals	43 Girls 11-12 50 Butterfly	61	8	10:29 AM	_____
Finals	45 Girls 11-14 100 Freestyle	132	17	10:38 AM	_____
Finals	46 Boys 13-14 100 Freestyle	50	7	11:06 AM	_____
Finals	47 Girls 11-14 100 Backstroke	100	13	11:17 AM	_____
Finals	48 Boys 13-14 100 Backstroke	38	5	11:45 AM	_____
Finals	49 Girls 11-14 200 Butterfly	15	2	11:55 AM	_____
Finals	50 Boys 13-14 200 Butterfly	9	2	12:03 PM	_____
Finals	51 Girls 11-12 50 Breaststroke	68	9	12:09 PM	_____
Finals	53 Mixed 13-14 1000 Freestyle	9	2 u	12:20 PM	_____
	Swimmers Counts for Warm-ups: 214	=====	=====		
	Entry / Heat Totals:	673	90		
	Finish Time			12:47 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
AQUA	Aquastar	65	20		
BATS	Bridge Bats	20	7		
ESA	Eagle Swimming Association	111	37		
COOG	Houston Cougars	40	13		
LAP	Lighthouse Aquatics	3	1		
NOCH	North Channel Aquatics	40	13		
RICE	Rice Aquatics	129	38		
SHRK	Sharks Swim Club	108	35		
SSS	South Shore Sails	66	21		
SCAT	Space City Aquatic Team	9	3		
SHAC	Swim Houston Aquatics Center	74	23		
TCAP	Texas City Aquatic Program	2	1		
UN-SH	UnAtt - Sharks Swim Club	3	1		
UN-SA	UnAtt - Swim Houston Aquatics	3	1		

**NOCH 2019 Gulf Short Course Champs II - 2/22/2019 to 2/24/2019**  
**Session Report**

Session: 5 Sunday PM

Day of Meet: 3 Starts at 02:15 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	55 Girls 9-10 200 Freestyle Relay	17	3 u	02:15 PM	_____
Finals	56 Boys 9-12 200 Freestyle Relay	25	4 u	02:25 PM	_____
	Break: 5 Minutes: Break After Relays				
Finals	57 Girls 9-10 100 IM	74	10	02:42 PM	_____
Finals	58 Boys 9-12 100 IM	119	15	03:05 PM	_____
Finals	60 Boys 11-12 200 Breaststroke	11	2	03:36 PM	_____
Finals	61 Girls 9-10 50 Butterfly	51	7	03:44 PM	_____
Finals	62 Boys 9-12 50 Butterfly	98	13	03:53 PM	_____
Finals	63 Girls 9-10 100 Freestyle	69	9	04:10 PM	_____
Finals	64 Boys 9-12 100 Freestyle	137	18	04:28 PM	_____
Finals	66 Boys 11-12 200 Butterfly	4	1	05:03 PM	_____
Finals	67 Girls 9-10 100 Backstroke	44	6	05:07 PM	_____
Finals	68 Boys 9-12 100 Backstroke	87	11	05:21 PM	_____
Finals	69 Girls 9-10 50 Breaststroke	67	9	05:47 PM	_____
Finals	70 Boys 9-12 50 Breaststroke	114	15	06:00 PM	_____
Finals	72 Boys 11-12 400 IM	3	1 u	06:21 PM	_____
	Swimmers Counts for Warm-ups: 271	=====	=====		
	Entry / Heat Totals:	920	124		
	Finish Time			06:28 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
AQUA	Aquastar	119	35		
BATS	Bridge Bats	38	11		
ESA	Eagle Swimming Association	135	41		
COOG	Houston Cougars	83	25		
LAP	Lighthouse Aquatics	22	7		
NOCH	North Channel Aquatics	44	14		
RICE	Rice Aquatics	178	48		
SHRK	Sharks Swim Club	87	27		
SSS	South Shore Sails	67	21		
SCAT	Space City Aquatic Team	35	11		
SHAC	Swim Houston Aquatics Center	101	27		
TCAP	Texas City Aquatic Program	8	3		
UN-SA	UnAtt - Swim Houston Aquatics	3	1		



**2019 GULF SWIMMING  
Short Course Champs II  
Warm Up Schedule and Timing Assignments**

**Shallow end will remain open during warm ups and meet. NO DIVING!!!**

**Friday, February 22<sup>nd</sup>, 2019: PM Session 1**

**5:00 P.M.- 6:15 P.M.**

**OPEN WARM UP!**

**\*Swimmers must provide their own timers and counters for Friday night (500 free)**

**\*Swimmers must provide their own timer for Saturday Morning and Sunday afternoon (400 I.M.)**

**\*Swimmers must provide their own timers and counters for Sunday morning (1000 free)**

**Saturday, February 23<sup>rd</sup>, 2019: AM Session 2**

**Warm Up 7:30-7:55 a.m.**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
ESA	ESA	ESA	ESA	BATS LAP	COOG	COOG	SCAT

**SHALLOW WARM-UP LANES**

Lane 9	Lane 10	Lane 11	Lane 12
NOCH	NOCH	ESA	ESA

**Warm Up 7:55-8:20 a.m.**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
RICE	RICE	RICE	RICE	SHRK	SHRK	SHRK	SHRK

**SHALLOW WARM-UP LANES**

Lane 9	Lane 10	Lane 11	Lane 12
RICE	RICE	SHRK	SHRK

**Warm Up 8:20-8:45 a.m.**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AQUA	AQUA	SHAC	SHAC	SSS	SSS	SSS	TCAP GIST

**SHALLOW WARM-UP LANES**

Lane 9	Lane 10	Lane 11	Lane 12
AQUA	SHAC	SHAC	SSS

**SATURDAY AM SESSION 2  
TIMING ASSIGNMENTS—TWO TIMERS PER LANE**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NOCH	ESA	ESA	RICE	SHRK	SHRK	SHAC	AQUA
NOCH	ESA	RICE	RICE	SHRK	SSS	SHAC	COOG



**Saturday, February 23<sup>rd</sup>, 2019: PM Session 3**

**(Warm-ups will not begin before 12:45 p.m. and the meet will not start before 2:00 p.m.)**

**Warm Up (25 min)**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
ESA	ESA	ESA	ESA	BATS	AQUA	AQUA	AQUA

**SHALLOW WARM-UP LANES**

Lane 9	Lane 10	Lane 11	Lane 12
NOCH	NOCH	OPEN	OPEN

**Warm Up (25 min)**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
RICE	RICE	RICE	RICE	COOG	COOG	SSS	SSS

**SHALLOW WARM-UP LANES**

Lane 9	Lane 10	Lane 11	Lane 12
OPEN	OPEN	OPEN	OPEN

**Warm Up (25 min)**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
LAP TCAP	SHRK	SHRK	SHRK	SCAT GIST	SCAT	SHAC	SHAC

**SHALLOW WARM-UP LANES**

Lane 9	Lane 10	Lane 11	Lane 12
OPEN	OPEN	OPEN	OPEN

**SATURDAY AM SESSION 3**

**TIMING ASSIGNMENTS—TWO TIMERS PER LANE**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NOCH	ESA	ESA	RICE	SHRK	AQUA	SHAC	COOG
NOCH	ESA	RICE	RICE	SHRK	AQUA	SSS	BATS

**Sunday, February 24<sup>th</sup>, 2019: AM Session 4**

**Warm Up 7:30-7:55 a.m.**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
ESA	ESA	ESA	ESA	ESA	BATS LAP	COOG	COOG SCAT

**SHALLOW WARM-UP LANES**

Lane 9	Lane 10	Lane 11	Lane 12
NOCH	NOCH	ESA	OPEN

**Warm Up 7:55-8:20 a.m.**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
RICE	RICE	RICE	RICE	SHRK	SHRK	SHRK	SHRK

**SHALLOW WARM-UP LANES**

Lane 9	Lane 10	Lane 11	Lane 12
RICE	RICE	SHRK	SHRK

**Warm Up 8:20-8:45 a.m.**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AQUA	AQUA	SHAC	SHAC	SSS	SSS	SSS	TACP GIST

**SHALLOW WARM-UP LANES**

Lane 9	Lane 10	Lane 11	Lane 12
AQUA	SHAC	SHAC	SSS

**SUNDAY AM SESSION 4**

**TIMING ASSIGNMENTS—TWO TIMERS PER LANE**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NOCH	ESA	ESA	RICE	SHRK	AQUA	SHAC	COOG
NOCH	ESA	RICE	SHRK	SHRK	AQUA	SHAC	SSS

**Sunday, February 24<sup>th</sup>, 2019: PM Session 5**

**(Warm-ups will not begin before 12:30 p.m. and the meet will not begin before 2:00 p.m.)**

**Warm Up (25 min.)**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
ESA	ESA	ESA	ESA	BATS	AQUA	AQUA	AQUA

**SHALLOW WARM-UP LANES**

Lane 9	Lane 10	Lane 11	Lane 12
NOCH	NOCH	OPEN	OPEN

**Warm Up (25 min.)**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
RICE	RICE	RICE	RICE COOG	COOG	COOG	SSS	SSS

**SHALLOW WARM-UP LANES**

Lane 9	Lane 10	Lane 11	Lane 12
OPEN	OPEN	OPEN	OPEN

**Warm Up (25 min.)**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
LAP TCAP	SHRK	SHRK	SHRK	SCAT	SHAC	SHAC	SHAC

**SHALLOW WARM-UP LANES**

Lane 9	Lane 10	Lane 11	Lane 12
OPEN	OPEN	OPEN	OPEN

**SUNDAY PM SESSION 5**

**TIMING ASSIGNMENTS—TWO TIMERS PER LANE**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
NOCH	ESA	ESA	RICE	SHRK	AQUA	SHAC	COOG
NOCH	ESA	RICE	RICE	SHRK	AQUA	SHAC	SSS